

November 2011

Volume 10, Issue 2



Goodfellow AFB Community Connections

Airman & Family Readiness Center
171 Valiant Street, Bldg. 145
Goodfellow AFB, Texas
(325) 654-3893

Please send all
submissions to:
GAFB.AFRC@GMAIL.COM

Information for Families During
Deployments 1

Chapel 2

17th Medical Group 3-5

Library 6-7

Combined Spouses' Club 8

Key Spouse 9-10

School Liaison Officer 11

Financial Readiness 12

Sexual Assault Response Coordinator
(SARC) 13

A&FRC Services 14

A&FRC Classes & Events 15

Subscribe to Community Connections 16

Information for Families During Deployments

Changes in Routines & Responsibilities During Deployment and How They Effect Teens and Older Children

Whenever the composition of a family changes, routines and responsibilities must be adjusted. For some military families, these changes may occur on a fairly frequent basis. Others may be experiencing it for the first time. When approached correctly, these changes can be an opportunity for growth. The question to be asked is: How does your life change when a parent is deployed?

Responsibilities:

- **More Care of Siblings.** Many of the adolescents reported having to take on more child care responsibilities when a parent was deployed. This was due in part to the at-home parent having to take on other responsibilities or work outside the home.
- **More household chores.** Adolescents reporting having to help out much more around the house. Some mentioned having to take on chores that the deployed parent was previously responsible for; others mentioned having to pitch in more because the at-home parent had to go to work.
- **Elevation to co-parent.** Some adolescents reported feeling like they were promoted to co-parent. This was evidenced by the at-home parent confiding in them more and giving them more responsibilities for younger siblings.

Routines:

- **Fewer activities.** Because of transportation, scheduling or financial burdens, several adolescents reported that during deployments, they were unable to participate in their usual extra-curricular activities.
- **Boredom.** Boredom was a theme primarily for younger adolescent boys. Many said they missed their fathers as playmates—not being able to hunt, fish, shoot, camp etc. as frequently as they did when he was home.
- **Changing relationship with dad.** Many adolescents talked about being concerned about how their relationship with their deployed parent would change as a result of his/her being away. Adolescents frequently mentioned that, because of the increased responsibilities they had assumed, they had matured. They were afraid their returning parent would not recognize these changes, and expect them to be the same way they were before the deployment.
- **More bonding with siblings.** Several adolescents talked about becoming closer to siblings as a result of the deployment. Some cited having to work together more to support one another because of the at-home parent's stress or because they had to take care of younger siblings.
- **Changes in family routines/rituals.** Many adolescents said that family routines become much more lax in terms of when and how things get done.

Chapel



The Goodfellow Air Force Base Chapel

Welcomes You!

Bldg 164 Fort Lancaster Rd
325-654-3424



Our Mission:

"To provide for and support the constitutional right to the free exercise of religion to the world-class Firefighting and Intelligence, Surveillance and Reconnaissance Warriors, and their families"

Chapel-Based Ministries

Protestant Praise & Worship: 11:00 Sundays

PWOC (Protestant Women of the Chapel)

PMOC (Protestant Men of the Chapel)

Catholic Worship: 13:00 Sundays

CYOC (Catholic Youth of the Chapel)

CWOC (Catholic Women of the Chapel)

*Worship and Religious Education Programs
for All Ages!*

Warrior Care

Marriage Retreats
Reunion/Reintegration Events
Counseling
Spiritual Care
Dormitory Ministry
Officer Christian Fellowship

Crossroads Student Ministry Center

Students' "Home Away from Home!"

Volunteer Opportunities
Chapel Student Leadership
Weekly Events/Activities
Computer Lab
Video Games



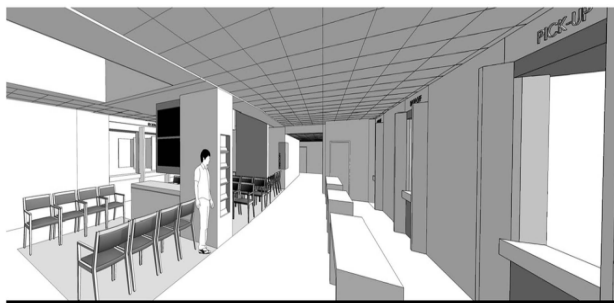
17th Medical Group

Medical Clinic Renovation



Beginning in late November 2011, the Ross Clinic will start a year long 5.5 Million dollar renovation project. Approximately 80% of the Ross Clinic (bldg 1001) will be renovated. Some administrative functions will be temporarily relocated to portable offices that will be located north of the Ross Clinic. While some of the services offered at the Ross Clinic may be temporarily curtailed, the clinic will continue to operate during the renovation project.

To minimize the impact for the Ross Clinic patients, the renovation will be done in 5 phases. Phase I will begin 28 Nov 2011 and should end in late January 2012. This phase will consist of painting and light construction work to the following areas: Lab, Dental X-Ray, Physical Therapy and Dental Bathrooms, Radiology, Public Health, General Admin areas, Systems, and Bio Environmental. During phase one, a consolidated deployment medicine cell, consisting of Public Health, Optometry and Immunizations will be built and a unified waiting area will be created for these functions.



The second phase of renovation will begin in January 2012 and end in March of 2012. Areas impacted by this phase include: Dental, Pediatrics, Flight medicine, and the south exam rooms of Family Health. Phase three of the project will impact the north dental treatment rooms, Family Health's north exam rooms and the student clinic. Phase three will begin in March of 2012 and is scheduled to end by May of 2012.

GAFB Medical Clinic Renovation

Phase four and five of the project will offer the most visible evidence of the renovation project. Phase four begins in late April of 2012 and includes the remainder of the Dental Clinic Offices and treatment rooms, the main lobby and family health admitting. This phase will offer some short lived inconveniences as the main waiting area will be reduced; this phase is scheduled to end in late July 2012. During this phase a new skylight will be built over the main clinic waiting area. This will bring natural light down into the main lobby. The main waiting area will be expanded to allow for larger but distinct seating areas. There will be three check-in windows created to increase the speed of check-in.

Scheduled to begin in July of 2012; phase five offers the final touches to the renovation project. The Dental lobby will be painted and re-floored; an expanded pharmacy with an additional window and private consulting area as well as the main lobby finishes will be completed. Additionally, a new customer service centric combined business office to house both TRICARE and the Referral Management Center will be constructed.

In addition to the Ross Clinic renovation project the Medical Group campus is expanding. A \$700,000 construction project was awarded at the end of fiscal year 2011 to build a new 1800 square foot building east of the current mental health building. The new building will be staffed by Bioenvironmental and Information Systems Offices. Estimated construction start date is May 2012 with a November 2012 completion date.

Benefits from both of these projects include realignment of major services, improved patient flow, creation of the deployment medicine cell, expanded pharmacy capacity, creation of the new business office and an overall improvement in the utilization of clinical space.



Questions concerning this project can be directed to Capt David Abbott 654-3088 or 1st Lt Xiao Ren at 654-3067.

17th Medical Group

TRICARE improvements for beneficiaries' care

GOODFELLOW AIR FORCE BASE, Texas – From prescription refills to transferring enrollment, TRICARE beneficiaries have seen a lot of changes in their healthcare plan in the past few months, and more are on the way.

“Through patient feedback and program assessments, TRICARE staff have made changes that are geared to ensuring beneficiaries receive quality care in a timely manner,” said Capt David Abbott, 17th Medical Group Patient Administration Flight Commander.



VACCINES:

TRICARE has expanded the list of vaccines that beneficiaries can get at participating TRICARE Network pharmacies. A list of these pharmacies, vaccines and any restrictions can be found at: www.express-scripts.com/TRICARE/pharmacy/.

“State laws affect which vaccine can be given at a pharmacy, so not all pharmacies can give every vaccine,” Abbott said. “It’s best to call the Network pharmacy ahead of time to see if they give vaccines, which ones, and if they have the needed vaccine on hand.”



TRANSFERRING REGIONS

Changes to the portability form and process simplify moves for active-duty service members and their family by allowing them to call or visit a TRICARE Service Center and inform them of an upcoming move.

After contacting the TRICARE Service Center, their information will be sent to their new Regional Contractor ahead of time.

TRICARE FOR YOUNG ADULTS



TRICARE Young Adults offers TRICARE Standard coverage worldwide to qualified family members with TRICARE Prime coverage available for purchase at a later date. The program includes medical and pharmacy benefits, but excludes dental coverage. Qualified family members include those who have a TRICARE eligible sponsor, are age 21 or 23 if they are a full-time college student, are not married, are not eligible for their own employer-sponsored coverage or TAMP, and are not enrolled in another TRICARE program or CHCBP.

“This is a great program for adult children moving towards independence from their parents,” Abbott said.



17th Medical Group

TRICARE improvements for beneficiaries' care (continued)



ENROLLMENT FEES:

Starting this month, enrollment fees for new TRICARE Prime applicants have increased. The new fee for an individual is now \$260, and \$520 for a family.

"If you're already enrolled in TRICARE Prime, you will not see an increase this year, but remember that enrollment fees are subject to increase each fiscal year," Abbott said. "There are also two categories of enrollees who are exempt from any TRICARE Prime rate increase: medically retired service members and survivors of active-duty deceased."

The enrollment fee for medically retired service members and their family, and survivors of active-duty deceased and their family is frozen at the rate that was in effect at the time they were classified.

"As always, active-duty service members and their family do not pay an enrollment fee," he said.



PRESCRIPTIONS:

Prescription co-pays at retail and through home delivery have undergone changes too. Retail store prescription fills based on a 30-day supply are as follows: generics, \$5; formulary brands, \$12; and non-formulary brands, \$25. Home delivery prescription fills based on a 90-day supply are as follows: generics, \$0; formulary brands, \$9; non-formulary brands, \$25.

WALGREENS LEAVES THE TRICARE NETWORK



Starting Jan. 1, Walgreens will no longer be part of the TRICARE Network. After Dec. 31, beneficiaries who fill prescriptions there will have to pay 100 percent of the cost and will need to file a paper claim for non-network benefit reimbursement.



The TRICARE website, www.TRICARE.COM, provides the latest updates to changes, explanation of benefits, and a link for beneficiaries to provide feedback. People can also contact the TRICARE service center at (800) 444-5445, or visit the TRICARE service center located in the lobby of the Ross Clinic.



Library

Universal Class—Learn Something New Today!



The Goodfellow Base Library, in partnership with Recorded Books (Prince Frederick, MD), and the Air Force Library Program is pleased to announce the introduction of **Universal Class Library Edition**, a powerful new online continuing education service designed specifically for use by the patrons of public libraries.

Universal Class offers patrons a unique online education experience. With a growing catalog of over 540 courses, Universal Class is committed to providing only the most affordable and highest quality online training. Over 300,000 students around the world have benefited from Universal Class' unique instructional technologies. With real instructors guiding the learning, engaging video-based lessons, a collaborative learning environment, graded lesson tests, certificates of achievement and Continuing Education Units available for selected courses, students enjoy an engaging and measurable learning experience that helps them master and document their educational goals.

Universal Class offers courses in Exercise and Fitness, Entrepreneurship, Arts and Music, Home and Garden Care, Cooking, Computers and Technology, Health and Medicine, Homeschooling, Job Assistance, Law and Legal, Parenting and Family, Pet and Animal Care...plus 100's more.

Details on Universal Class may be found at www.gafblibrary.org or by visiting the Goodfellow Base Library.

Program Features include:

- Remote, 24/7 Access via the Internet
- Real instructors
- Connect with other students
- Continuing Education Units on selected courses



Available subjects include:

- | | |
|---------------------|----------------------------|
| • Computer Training | • Professional Development |
| • Personal Finance | • Health Services Training |
| • GED Training | • Pet and Animal Care |
| • Business | • Music and Painting |



*See next page for a sample listing of the most popular courses.



Library

Universal Class Continuing Education Unit Courses



- | | |
|---|---|
| <ul style="list-style-type: none"> • Accounting & Bookkeeping 101 for Everyone • Accounts Payable Management • Accounts Receivable Management • Administrative Assistant Fundamentals • Anatomy and Physiology 101 • Autism 101 • Autism and Inclusion • Autism Spectrum Disorders for Teachers • Behavior Management 101 • Business Management 101 • Business Math 101 • Business Writing Basics • Caring for Seniors • Cell and Molecular Biology 101 • Child Abuse Recognition, Investigation, and Protection • Computerized Accounting with QuickBooks • Customer Relationship Management 101 • Customer Service 101 • Dealing with Difficult People • Digital Photography 101 • Diversity Training 101 • Early Childhood Development • Effective Communication 101 • Emotional and Behavioral Disorders 101 • ESL Basic Grammar and Writing • Etiquette 101 • Event Planning 101 • Excel 2007 • Gregg Shorthand 101 (Centennial Version) • How to Write a Grant Proposal • ICD-9-CM Coding Workshop • Interview Skills 101 • Introduction to Medical Billing • Introduction to Medical Coding • Introduction to QuickBooks Bookkeeping • Introduction to Special Education • Kinesics 101—Learn to Read Body Language • Landlord 101: Managing Rental Properties • Leadership and Supervision 101 • Learning Disabilities: What You Need to Know • Legal Secretary 101 • Legal Terminology 101 | <ul style="list-style-type: none"> • Life Coaching 101 • Mediation 101 • Medical Terminology 101 • Medical Terminology 201 • Medical Transcription 101 • Microbiology 101 • Microsoft Project 2007 • Microsoft Publisher 2007 • MS Office 2007: Word, Excel, PowerPoint and Outlook • MS Word 2007 • Negotiation Skills • Nursing Assistant Overview • Nutrition 101 • Outlook 2007 • Payroll Management 101 • Photography Basics • Professional Organizer Training • Project Management 101 • Proofreading and Copyediting 101 • Psychology 101 • Public Relations 101 • Punctuation and Grammar 101 • Quicken Deluxe 2010 • Reflexology Basics • Resume Writing 101 • Sociology 101 • Special Events Planning 101 • Speed Reading 101 • Spelling 101 • Statistics 101 • Stress Management 101 • Team Management 101 • Telephone Skills and Quality Customer Service • Time Management 101 • Virtual Assistant 101 • Vocabulary Building • Waiter and Waitress Training 101 • Wedding Planning 101 • Wellness Coaching 101 • Writing Basics 101: Spelling, Grammar, Punctuation, Writing Structures • Writing Effective Persuasion 101 • Writing Improvement 101 |
|---|---|

**** This is a partial listing of the courses. Course availability subject to instructor availability and market conditions**



Contact the Goodfellow Library for more details at 654-3232



Brought to you by, Recorded Books (www.recordedbooks.com)

Combined Spouses' Club

To build a strong support network by promoting a sense of community amongst the members of the Goodfellow Combined Spouses' Club (GCSC). We enhance our members' lives through social, educational and charitable activities and functions. Through base community involvement and investment in Team Goodfellow, all spouses can build a "home away from home."



Trick-or-Treat! These were the excited words that could be heard ringing from within the Event Center during the Goodfellow Combined Spouses' Club Kids' Halloween Party. Over 25 children came out to the event dressed in their Halloween best – some as pretty princesses and fairies, while others took on the form of dinosaurs and ninjas. The festivities during the party included: painting pumpkins, fun games, tasty treats and a costume contest, which included a costume parade around the Event Center. All parties involved had a spooky good time!



In addition to our Kids' Social Activities group, GCSC offers the following special interest groups: book club, bunco, coupon & recipe exchange, fitness group, monthly luncheons and scrapbooking!

For more information on future events and activities, please be sure to check out our Facebook page. If you are interested in becoming a GCSC member, email Trisha Hawkins at thawkins07@yahoo.com. We are looking forward to getting to know you!



Find us on Facebook!

facebook.com/goodfellowcsc



Key Spouse

The Military Family

By: Emily Swinarski, 315th TRS Key Spouse



How do you define family? Maybe your family is you, your spouse, and your kids. It might be you and your parents. No matter what your definition, many of us consider family to be sacred and one of the core identifiers of who we are as people.

In the military, our lives and families are similar to everyone else's, but we're also different in many ways. Most non-military children don't say goodbye to one of their parents for months at a time. Most married parents don't choose to play the role of a single parent. Most importantly, many other families don't merge their professional and personal lives as much as we do in the military. In fact, the closeness we encounter often makes us question our definition of family. Is family just a genetic connection, or is it something more?

The reality is that we all have two families. Many of us consider our military friends a part of our family and rightfully so. After all, the majority of us have left our hometowns and many of our loved ones behind during this adventure we call military service. Other military families and friends have become closer to us than our blood relatives. We spend weekends and holidays with them. We know their children as if they were our nieces or nephews. We relate to these friends like siblings. We know their quirks and how to push their buttons. We call them in an emergency. We're there for them, and they're there for us no matter what. These people are family.

November is the Month of the Military Family. Thanksgiving is also this month. This holiday, let's not forget to give thanks for our military family in addition to our traditional families.

Say thank you to someone in your military family, and choose to "adopt an Airman" this Thanksgiving. Talk to your unit about welcoming an Airman into your home and sharing this special holiday with them. The "Adopt an Airman" program is a great way to extend your gratitude. After all, we are family.



Contact your First Sergeant or the Airman & Family Readiness Center if you are interested in becoming a Key Spouse for your unit.

**Airman and Family Readiness Center POC: MSgt O'Neil,
brandon.oneil@goodfellow.af.mil or call 654-3893**



Key Spouse

The Key Spouse Program provides a valuable information link between squadron commanders and families. The focus is to support family readiness education and communication. The A&FRC provides programs, training, and referral support.

Key Spouses are the quiet volunteers who help make life better for those in need. They are an emotional link to the military spouse and think of those who feel forgotten. Some describe Key Spouses as friends, mentors and moms. Do you know your unit's Key Spouse?



The GAFB Key Spouses are:

17 Training Wing: Christine Criswell, christinecriswell@hotmail.com
Carol Glover, wingkeyspouse@gmail.com

17 Training Group: Leisa Willis, JDnLeisa@yahoo.com

17 Training Support Squadron: Miranda Davis, Keyspouse.17TRSS@yahoo.com

312 Training Squadron: Season Baker, keyspouse312th@yahoo.com,
Trisha Hawkins, thawkins07@yahoo.com
Katrena Smith, katrena@gointrac.com
Kristi Thompson, hondurasgirl2003@yahoo.com

315 Training Squadron: Jessica Reisner, 315keyspouse@gmail.com
Emily Swinarski, 315keyspouse2@gmail.com

316 Training Squadron: Laura Hall, lauram326@yahoo.com
Ashley Carroll, ashuleyc@hotmail.com

17 Mission Support Group: Ingrid Bugenske, ingrid35@aol.com

17 Communications Squadron: Kim Yarbrough, 17cskeyspouse@gmail.com,
Christina Cordova, Christina.cordova@goodfellow.af.mil

17 Force Support Squadron: Vacant

17 Security Forces Squadron: Kelly Coggin, kellyk.coggin@yahoo.com

17 Medical Group: Laurie Abbott, david-laurie_abbott@suddenlink.net

311 Training Squadron: Barbara Chang, barbara.chang311@gmail.com



For more information, contact the Airman & Family Readiness Center at 654-3893



School Liaison Officer

Teacher's Tips: How Parents Can Help by Patty Catalano

Communicating with your child's teacher is one way to help him succeed at school. But just how often should you contact the teacher, and what questions should you ask? And when do a parent's questions or behavior tip from appropriate to meddlesome? We asked Jerry L. Parks, a social studies teacher at Georgetown (KY.) Middle School and a member of the 2007 USA Today All-USA Teacher Team, to share his thoughts. Parks keeps in touch with parents through email, class websites, and phone calls. He is the author of *Help! My Child Is Starting Middle School! A Survival Handbook for Parents*.

What differences do you notice in students with involved parents?



Parents who take an active interest in their child's work and school well-being are one of the biggest contributors to my students' success, Parks says. Children of involved parents typically have higher self-esteem and have fewer behavior problems in school. Students' grades usually improve when their parents become involved.

How can parents stay informed about their child's school performance?

If your school posts grades online, be sure to check them often. Emailing the teacher is also a good way to get a quick status report. Email has been a godsend, he says, because it is —less intrusive for the teacher and less threatening for the parent.



Top 5 Ways Parents Can Help Their Children Succeed in School

1. Make sure your child is at school every day possible. Missed work is generally more of a loss than made-up work is a gain, Parks says. There is no substitute for attendance.
2. Designate a time and place for your child to do homework. If he/she does not have homework, have them use the time to read. Routine is the essence of a child's life, he says.
3. Keep in touch with teachers, but don't overdo it. Most teachers appreciate parents caring enough to keep in touch a few times a term but do not appreciate parents expecting contact on a regular basis.
4. Teach your child character it will improve social and academic skills more than anything else, Parks says. Some things are simply wrong, and the world your child will grow up in will punish crimes, so give your child a head start.
5. Make time every day to talk with your child about the day's activities —Let them know you care, and really listen to what they have to say.

**For more information contact Goodfellow AFB School Liaison Officer,
Larry Lumpkin at 325-654-5225 or email: larry.lumpkin@goodfellow.af.mil**

<http://www.schoolfamily.com/school-family-articles/article/824-teachers-tips-how-parents-can-help>

Financial Readiness

Holiday Spending



It is nearing the end of October, and if you go into any store - grocery store, department store, discount store- what do you see? A mix of Halloween, Thanksgiving and even Christmas displays!

It feels like the holiday displays and decorations come out earlier and earlier each year. Stores almost seem to go from back-to-school displays in August directly to Christmas! While most of us do not want to think about the holidays this early, it is a good reminder that we should be planning and saving if we plan to purchase gifts or go home for the holidays.

If you want to be practical and not overspend this holiday season, here are some questions you should ask yourself:



- Do I want to travel this holiday season?
- How much will traveling cost? (airfare, hotel, rental car, gas, food...)
- Can I afford to go take a trip? (Or do I have other plans that might make me want to save my leave/vacation and money for another time?)
- Who do I want to buy gifts for?
- How much do I normally spend? (Do I want to set a spending limit?)
- How much will postage cost me to send gifts to family and friends?

For those of you who are away from home for the first time these might be tough questions. If you have family members who are elderly or ill, the question of whether to visit can be a difficult decision to make. No matter if this is your first holiday away from home, or your 15th, these are some of the questions you should be asking yourself now. Writing it out is an excellent way to plan for holiday expenses. Have a plan!

I'd like to talk a little bit about priorities and expectations. When thinking about the holiday season, you should consider why you want to give gifts or travel home, and whether you can afford it. Gift-giving has different significance in different families. For some, it is tradition but for others, just getting together or hearing from loved ones is more important than material gifts. Some other options are sending home-made gifts, writing letters, or sending pictures. Sometimes the best gift is simply a phone call or call on Skype.

I'd like to challenge you to consider whether spending money on gifts and travel this season is the right thing for your financial situation. What is important to you? What are your financial goals? What is the best way to let your family know you love them? What is going to keep you on track to financial wellness? If you take these questions into consideration, you will have a less stressful holiday season, and feel confident that you are using your money based on your/your family's priorities and needs!



For more information, please visit the Airman & Family Readiness Center (www.familysupportgoodfellow.org) for budgeting tools or call to make an appointment with a Financial Counselor, 654-3893.



Happy Holidays!

Sexual Assault Response Coordinator (SARC)



The Sexual Assault Response Coordinator (SARC) is recruiting victim advocates to provide essential support, liaison services and care to victims of sexual assault. The 40-hour victim advocate is scheduled for December 5-9 and 14 from 8 a.m. to 4:30 p.m. at the SARC Office.

Victim advocates (VA) are a vital part of the Sexual Assault Prevention and Response Program. Victim advocates have the duty of responding to sexual assault victims and making referrals for the help they need, whether it be assisting them with a medical exam, seeing the chaplain, interacting with law enforcement officials, or going through the judicial process. If needed, they are the emotional support for the victim. "A victim advocate is the person that is assigned to each victim and will work with them through their case, whether they go restricted or unrestricted. It's the Wingman concept. It's someone who will check on them to make sure that they're alright and be a confidential ear to lean on when they need it the most," said Donna Casey, SARC.

Program volunteers must possess the maturity to assist in a sensitive situation. Only active duty military personnel and Department of Defense civilian employees selected by the SARC may serve as VAs. Personnel assigned to the judge advocate's office, the chaplain's office, the equal opportunity office, law enforcement, inspector general staff and some departments of the medical center are not eligible to serve as victim advocates due to the potential conflict of interest. Individuals on G-Series orders, First Sergeants, and Chief Master sergeants are also ineligible to serve as VAs.



Responsibilities include providing crisis intervention, referral and ongoing non-clinical support. Non-clinical support includes providing information on available options and resources to assist the victim in making informed decisions about the case. VA services will continue until the victim states support is no longer needed.

While performing duties, the VA will report directly to the SARC. Volunteers will advise supervisors when they are performing VA duties and will be away from their duty station.



Unauthorized disclosure of a covered communication, improper release of medical information and other violations of the Air Force Policy and Guidance on Sexual Assault Prevention and Response may result in action under the Uniform Code of Military Justice or administrative action.

VAs will complete a written application signed by their supervisor and commander, a personal interview with the SARC, a background check and 40 hours of training before ever assisting with on-call services.

If you are interested in becoming a victim advocate or for more information contact the SARC office 325-654-1559 or 325-654-1572.



Airman & Family Readiness Center Services

Employment Assistance

- Resume writing and review
- Local job search assistance
- Military Spouse Employment Partnership



Relocation

- SAMS—loan locker (pots, dishes, small appliances, baby items, etc.)
- Smooth Move appointments and workshops
- Student Out processing
- Official Passports/ Visas

Transition Assistance Program (TAP)

- 3-day TAP Seminars
- Pre-separation counseling
- VA representative visits
- Spouses employment workshop



Volunteer Program

- One-on-one volunteer placement appointments
- Volunteer of the year

Financial Assistance

- Emergency Financial Assistance
- Air Force Aid Society
- Navy/Marine Corps Relief Society
- Army Emergency Relief
- Falcon Loan
- Child Care for PCS
- Child Care for Volunteers
- Give Parents a Break
- Bundles for Babies
- Car Care Because We Care



Military & Family Life Consultant (M&FLC)

- Non-medical short-term counseling services to Service Members and their families
- Private and confidential services, except for duty-to-warn situations

Personal Financial Management Training

- Financial Counseling
- Budgets
- Credit Reports
- Car Buying
- Financial Classes
- Thrift Savings Plan



Air Force Wounded Warrior (AFW2)

Deployment Support

- Pre-Deployment Briefings
- Re-Integration Briefings
- Special events for families of deployed personnel
- Operation Kids
- Key Spouse

Personal & Work life

- Heart Link (Military spouse orientation)
- Marriage 101
- Exceptional Family Member Program (EFMP)

Information & Referral



- Maps
- San Angelo Visitor's Guides
- Information on various base and community resources

Discovery Resource Center (DRC)

- Computer / Internet access
- Resource library

Airman & Family Readiness Center

(325) 654-3893

171 Valiant, Bldg. 145
Goodfellow AFB, Texas

Hours of Operation:

Monday — Friday: 0730 — 1630



Airman & Family Readiness Center Classes & Events

November 2011 Month of the Military Family



Newcomers' Orientation

Wednesday, November 2
Wednesday, November 16
From 7:30-4:30, Event Center

Resume Writing Class

Thursday, November 10 at 8:00 am,
A&FRC

ASU Military Appreciation Football Game

Saturday, November 12, San Angelo
Stadium, 2 pm

Bundles for Babies

Tuesday, November 15 at 11:00 am,
A&FRC

Transition Assistance Program (TAP)

Tuesday, November 15 –
Thursday, November 17
at 7:30 am, A&FRC

Santa's Market & Community Open House

Saturday, November 19 from 8am-4pm,
Fire School



Smooth Move

Monday, November 21 at 1-2pm,
A&FRC

Car Buying

Wednesday, November 26 at
11:00 am, A&FRC

Base Chapel Christmas Tree Lighting Ceremony

Tuesday, November 29 at 5:00 pm, field
behind the Chapel

Student Outprocessing Briefing

Every Monday-Thursday
at 3:30 pm, A&FRC



**Classes are open to ALL military & family
member ID card holders**

**To sign up for classes & get more information,
contact the A&FRC at 654-3893 or stop by building 145**

Subscribe to Community Connections

The Airman and Family Readiness Center's newsletter, *Community Connections* has gone digital with a fresh new look!



Don't miss out on the opportunity to receive access to current information including: articles highlighting services and events from several departments and programs, support for families during deployments, and updates on happenings at the Airman and Family Readiness Center.

Newsletters will be emailed out by the 1st of each month.



To request a subscription, please send an email to GAFB.AFRC@gmail.com with "Subscribe" in the subject line. You will be added to our database and can enjoy monthly newsletters from that point forward!

For questions or if you have an idea for an article in an upcoming newsletter please contact the A&FRC at 654-3893.



Happy

Thanksgiving

